

Russell Cave

National Park Service
U.S. Department of the Interior

Russell Cave
National Monument



Indian Lore Worksheet



All materials will be provided by the park

Make three prehistoric weapons or tools

1. Atlatl
 - a. Find a straight branch with a hook shape on the end of it. The main branch should be the length of the user's forearm and hand. The end with the small hook will be where the spear attaches.
 - b. Cut the hook shape down to about one inch long and one quarter inch wide.
2. Spear
 - a. Find a stick and whittle it down to a point using the flint provided.
3. Blow Darts
 - a. Find a straight stick 5 inches long (that the ranger will provide)
 - b. Using flint sharpen a point at the end of the stick.
 - c. Use the material (cattail or cotton) to put at the end of the dart.
 - d. Use the string provided to attach the cattail or cotton to the end of the dart.

Identify 10 artifacts that were excavated at Russell Cave National Monument. Describe the shape, size and use of the artifacts that you choose from the museum. All of these items will be found in the museum.

1. _____
2. _____
3. _____
4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Describe four ways the Native Americans hunted at Russell Cave National Monument.

Using **spears and atlatls** Native American would hunt in small groups. The spear was made from river cane. The atlatl was used as a lever that gave the hunter's throw more power and distance. A small prong or hook at one end of the stick held a lightweight throwing spear in place on the atlatl until it was released by a powerful overhead swing of the arm. Hurling to its target, the spear tipped with a stone point-would penetrate the animal, wounding or killing it.

Traps and Snares were used to capture a wide variety of small animals, such as rabbits, squirrels, mice, and birds. Many devices were complex in design, but were made of very simple materials, such as wooden sticks and cords made of fiber.

A blow gun was used for small game. Blowguns were from three to eight or nine feet long, with darts made of hard woods with the "fluff" or the rear end of the dart made from cattail or thistle down to center the dart in the blowgun. This would form a seal so that wind pressure (from blowing) behind the dart would send it through the barrel at a great speed. These were very accurate at short distances.

Bow and arrows gave hunters even more accuracy, distances, and speed than a spear. It also allowed hunters to be more secretive. Hunters could also carry many more arrows than spears on their hunting trips.

Describe how Native Americans cooked and prepared food.

1. **Grinding Corn** was a process that Native Americans used to process corn in corn mill or other food stuffs
2. **Nutting Stones** was used in the archaic time period to open different kinds of nuts that grew around Russell Cave.
3. **Stone Boiling** was a process in which, you used several small rocks inside of a larger rock to boil water. Native Americans used this method to mostly make stews and soups.

Learn three games played by a group or tribe. Teach and lead one game with a Scout troop.

1. **Chunkey Stone** is a game that the Native Americans played with a small stone disc and spears. The object is whoever gets their spear closest to the disc that is rolled by one of the player wins.
2. **Keeper of the Fire** is a game that was played by native tribes in the plains, coastal, but mostly woodland areas. This game teaches stealth and keen listening, which is essential for survival. One person should be the fire keeper. While sitting on their knees, the chief will place three pieces of wood in front of the keeper. The keeper hands should only move when he or she is trying to tag an opponent from getting the firewood. Each piece of wood that is taken is one point for the opponent's team.
3. **The Ring and Pin game** was played all over the United States by different Native American tribes. The object is to hook the pin into the rings. This game was mostly used for the amusement of children and women.

Traditions Adopted from the Native Americans

1. **Did you know that one of the most important aspects of Native American Life is Ecology?** The Native Americans have always had a deep respect for nature. Native Americans did not kill anything that they could not use. They never fished or hunted for sports. Everything that they did was for survival.
2. **Did you know that many of the games that you play came from Native Americans?** Lacrosse, relay races, tug-of-wars, and ball games are just a few games that people have inherited from Native Americans.
3. **Did you know that the idea for the U.S. government was adopted from the Native Americans?** Benjamin Franklin said that the idea of the federal government was mostly adopted by the Iroquois nations.
4. **Did you know that many words we use every day came from Native Americans?** Countless Native American words and inventions have been used by the world. Some of these include: barbecue, caribou, chipmunk, skunk, hurricane, and moccasin.

5. **Did you know that Native Americans developed and communicated with sign language?** A system of hand signals was developed to facilitate trade and communicate between different groups and later between Native Americans and fur traders.
6. **Did you know that many Native Americans served during World War I, World War II and other campaigns?** Even though many of them was no citizens, more than 8,000 Native Americans volunteered and served during World War I. Well over 24,000 served during World War II, in which the Navajo Code was invented.
7. **Did you know that Native Americans were some of the first explores of the world?** Native Americans served as guides in the early exploration of this hemisphere. Their trails became roads and railways over which the settlers advanced in search of new homes.
8. **Did you know that Native Americans created similar homes like the ones we live in today?** The log cabin was an adaptation of the Indian log or longhouse.